



Dessert Recipes *from* ISRAEL



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Table of Contents

Raspberry Pistachio Meringue Kisses	4
No Bake Deluxe Chocolate Pie	5
Amaretto Tiramisu	6
Almond Macaroons	7
Passover Friendly Funfetti Almond Flour Cake	8
Blondie Brittle	9
Kosher for Pesach Chocolate Cake (with hidden zucchini)	10
 No Churn Tahini Ice Cream	11
Strawberry and Pomegranate Cream Plava	12
Pesach Brownies	13
Marble Cashew Cake Bars	14

Raspberry Pistachio Meringue Kisses



Erin Grunstein is a mother of 4 young children who tries her best to feed them nutritious and delicious meals. She has no formal training in cooking and works as a pediatric physical therapist. Cooking and sharing recipes is her hobby and creative outlet. Instagram: [@erin.eats.mtl](https://www.instagram.com/erin.eats.mtl)

Ingredients:

- 3 egg whites (preferably from older eggs)
- $\frac{3}{4}$ teaspoon lemon juice or white vinegar
- Pinch of salt
- Scant $\frac{3}{4}$ cup sugar
- 3 tablespoons crushed pistachios
- 2-3 tablespoons raspberry jam

Directions:

- Preheat oven to 200°F.
- Take eggs out of the fridge and immediately separate them (eggs separate best when cool). Allow them to come to room temperature.
- Add eggs whites, lemon juice or vinegar, and salt to a clean and dry bowl (preferably not plastic).
- Begin stirring the egg white mixture on low with an electric mixer or stand mixer (whisk attachment). Once egg white mixture becomes foamy, slowly increase the speed of the mixer.
- As the eggs whites become whiter and stiffer, slowly add in the sugar, 1 tablespoon at a time. Continue mixing at high speeds until stiff peaks form (you should be able to turn your bowl upside down and nothing happens).
- At this point, gently fold in the crushed pistachios and jam. Tip: drop the jam into the bowl in tiny spoonfuls so it's not too heavy for the meringue.
- Next, either take small spoonfuls of meringue and gently dollop onto a parchment lined baking sheet or fill a piping (or Ziploc) bag with meringue and pipe onto parchment-lined sheets.
- Bake for 1½hours and leave in the oven for at least 3 hours or overnight.



Photo Credit: erin.eats.mtl.

Tip:

- To easily separate eggs, crack an egg into a bowl and gently scoop out yolk with a slotted spoon.
- Use three bowls for separating eggs - one to separate in, one for the whites, and one for the yolks.
- If a drop of yolk (or other grease) gets into your egg white mixture, it won't work so be careful!

No Bake Deluxe Chocolate Pie

TheSephardiSisters are Raquel and Mushkie, two friends living in Tel Aviv who share an Instagram account where they post daily memes about their lives as Jews, Zionists, Olot (immigrants) from London, and of course, Sephardis.

This is the perfect no-bake pie for when you need a rich chocolate fix, but you do not want to spend a ton of time on it. The hardest part will be waiting for it to chill! This no-bake chocolate pie always hits the spot. Best served with ice cream, fruits, or as a standalone dessert – it is going to hit the spot, we promise!

Instagram: [@thesehardisisters](https://www.instagram.com/thesehardisisters)

Ingredients:

- 1²/₃ cups / 400 ml coconut cream--approximately 1 can
- 7 oz / 200 grams dark chocolate
- 2¹/₄ cups / 300 grams almond flour or ground almonds
- ½ cup cacao powder
- ⅓ cup maple syrup
- 2 tablespoons hot water
- 2 tablespoons coconut oil

Directions:

- Add coconut cream to a pot on low heat. Once heated, add the dark chocolate and stir until the chocolate has melted. Set aside.
- In a large mixing bowl, mix together the almond flour, cacao powder, maple syrup, hot water, and coconut oil until you have a crumbly dough-like texture.
- Place the mixture into a tin and press down to create a base.
- Pour the chocolate mixture onto the base, and place in fridge for a few hours.
- Slice, serve and enjoy!



Amaretto Tiramisu

Vanessa Aaron started her food account on Instagram, @simplenquick, to showcase healthy natural food with lots of flavor. She is Iraqi Jewish from Singapore, and makes a lot of Middle Eastern and Asian dishes but also loves to fuse East with West. She prides herself on using natural products and ingredients. Her food is lower in calories without compromising on flavor.

Instagram: [@simplenquick](https://www.instagram.com/simplenquick)

Ingredients:

- 52 oz/1,500 grams mascarpone cheese
- ¼ cup sugar
- 2 eggs, separated
- 3 tablespoons sugar
- 2 tablespoons instant espresso powder
- 1 cup boiling water
- ¼ cup amaretto
- 1 box ladyfingers
- Cocoa for dusting
- Almond brittle to garnish

Directions:

- Beat mascarpone cheese with ¼ cup sugar and 2 egg yolks for a few minutes until fluffy and light in color.
- Beat egg whites separately for a few minutes until frothy white clouds are formed.
- Fold egg whites into cream mixture very gently, a little bit at a time.
- In a separate bowl, make the coffee mixture by adding 3 tablespoons sugar and 2 tablespoons espresso powder.
- Add 1 cup boiling water.
- Add ¼ cup amaretto.
- Dip ladyfingers one at a time into the coffee mixture.
- Arrange ladyfingers into a single layer on a cookie sheet.
- Add a layer of the cheese mixture on top of the ladyfingers.
- Add another layer of ladyfingers and another layer of cheese mixture, until there are 3 layers of each in total.
- Sift cocoa powder over last layer.
- Scatter almond brittle to decorate.
- Set in the fridge for at least 6 hours. Enjoy.



Photo Credit: [@hadassah_stimler_photography](https://www.instagram.com/hadassah_stimler_photography)



Almond Macaroons

David Sykes is a 15-year-old aspiring strictly kosher chef who currently runs an Instagram account and a YouTube channel under the name DYS Kitchen. His mission is to bring to other people a real love for food, while inspiring people to cook for themselves (and also to become a renowned kosher chef with multiple Michelin stars, but that will have to wait!).

Instagram: [@DYS_Kitchen](#) YouTube: [DYS Kitchen](#)

Ingredients:

- 2 egg whites
- 9 oz caster sugar or fine granulated sugar
- 8 Ounces oz ground almonds
- Blanched almonds for decorating

Directions:

- Preheat oven to 350°F / 170°C.
- Whip the egg whites.
- Fold in the sugar and ground almonds.
- Wet your hands and then gently roll the mixture into balls (around 24 total).
- Place a blanched almond on top of each ball. This step is optional, but adds to the aesthetic of the macaroon.
- Place each ball on a lightly greased, grease-proof paper on a baking tray.
- Bake for around 15 minutes or until golden brown.



Passover Friendly Funfetti Almond Flour Cake

Micah Siva is a trained chef, Registered Dietitian, recipe writer, and food photographer, specializing in modern Jewish cuisine. Her love for food began in her grandmother's kitchen, where she learned about the importance of food in celebrating holidays, bringing family together, and keeping traditions alive. Through her personal blog, Nosh with Micah, she shares Jewish-inspired, plant-forward recipes that are chef-created, dietitian approved, and guaranteed delicious.

Instagram: [@noshwithmicah](https://www.instagram.com/noshwithmicah) Blog: www.noshwithmicah.com

Ingredients:

- ⅓ cup sugar, divided
- 6 eggs, separated
- 1 teaspoon lemon zest
- 1 tablespoon vanilla extract
- 1 teaspoon almond extract
- ¼ teaspoon sea salt
- 2½ cups almond flour
- 1 tablespoon baking powder
- ⅓ cup sprinkles, kosher for Passover

Directions:

- Preheat the oven to 325°F. Grease and line a loaf pan.
- In a medium bowl, whisk approximately half the sugar with the egg yolks, lemon zest, vanilla extract, almond extract, and sea salt.
- In a large mixing bowl, combine almond flour and baking powder.
- Add egg yolk mixture to the flour mixture (the dough will be thick).
- Using a hand mixer, whip the egg whites and sugar until soft peaks form.
- Gently fold in egg whites, ½ cup at a time, into the almond flour mixture until a batter forms.
- Gently fold in sprinkles.
- Transfer to the loaf pan. Bake for 40-45 minutes or until a toothpick comes out clean.
- Let cool in the pan before serving.



Photo Credit: Micah Siva



Blondie Brittle

Batya Brandwein shares the best in kosher baking and design at Baked.by.Batya on Instagram. From challah and babka to chocolate logs and cookie cakes, follow for the latest in traditional and trending treats.

Instagram: [@baked.by.batya](https://www.instagram.com/baked.by.batya)

Delicious, crunchy cookies made in one bowl with no mixer required. You'd never know they aren't chometz!

Ingredients:

- ½ cup oil
- 1 large egg
- ½ cup granulated sugar
- ¼ cup brown sugar
- ½ cup cake meal
- ½ cup potato starch
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup chocolate chips

Directions:

- Preheat oven to 325°F.
- Mix all ingredients, except the chocolate chips, together. Spread on a lined cookie sheet. Sprinkle the chocolate chips and press into the batter. Tip: Do not add the chips earlier or it will be difficult to spread the batter.
- Bake for 15-20 minutes. Carefully remove from the oven and immediately cut the brittle into squares. Use a sharp knife and cut using an up- and-down motion, pressing the knife into the brittle and lifting it back up. Try not to drag the knife through the brittle. Clean the knife off as you go, or the melted chips will start to stick, and you won't get nice cuts.
- Return the brittle to the oven for another 10-15 minutes until crispy. Remove from the oven and allow to cool completely. Once cool, break into squares. The brittle should break evenly on the cuts you made earlier.
- Store in an airtight container at room temperature. Don't freeze the brittle since it will soften once defrosted and won't stay crispy.



Photo Credit: Baked.by.Batya



Kosher For Pesach Chocolate Cake (with hidden zucchini!)

Lauren Allen is a former sugar addict turned Certified Nutrition Coach who specializes in women's hormonal health. After being diagnosed with PCOS (polycystic ovary syndrome) following her struggle to become pregnant, Lauren discovered the power of using food as medicine to heal her body, balance her hormones, and get pregnant naturally. Lauren believes that food is much more than a source of fuel; eating can connect us to loved ones, bring us immense pleasure, and help our bodies to heal and thrive!

She currently coaches women one-on-one, and teaches a group workshop called Balance Your Hormones 101 to help women feel empowered in eating foods that make them feel amazing!

Instagram: [@laurenallennutrition](https://www.instagram.com/laurenallennutrition) Facebook: [Lauren Allen Nutrition](https://www.facebook.com/LaurenAllenNutrition)

Website: www.laurenallennutrition.com

Ingredients:

- 1 ½ cups almond flour
- ½ cup cocoa powder
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- ½ cup shredded zucchini, about 1 large or 2 small zucchini
- 6 eggs
- 4 tablespoons coconut oil, melted
- ½ cup honey
- 4 tablespoons hot water
- ½ cup chocolate chips or chopped dark chocolate



Photo Credit: Lauren Allen

Directions:

- Preheat oven to 350°F/ 180°C.
- In a medium-sized bowl, combine dry ingredients—almond flour, cocoa powder, baking soda, and baking powder. Mix until combined.
- In a food processor fitted with the small shredding blade, shred zucchini.
- Add zucchini, eggs, coconut oil, honey, and hot water to bowl and mix until combined.
- Stir in the chocolate chips.
- Line a cake pan or muffin tin with parchment paper or liners.
- Bake for 20 minutes and then check using the toothpick test—stick a toothpick in the center of the cake or a muffin and if it comes out clean, it's done. If not, it needs a few more minutes.
- Serve while warm and enjoy!





No Churn Honey and Tahini Ice Cream (contains kitniyot/legumes)

Rochelle's Kitchen London is an accidental Food Influencer on Instagram, as a result of COVID, who has had, and continues to enjoy, a lifelong passion with food. She is currently developing recipes and working with and for well-known brands in the food industry. She is delighted to share her recipes with Leket in support of the valuable work they do.

Instagram: [@rochelleskitchenlondon](https://www.instagram.com/rochelleskitchenlondon) Facebook: [Rochelle's Kitchen London](https://www.facebook.com/Rochelle's-Kitchen-London)

Blog: rochelleskitchenlondon.wordpress.com

Ingredients:

- 14 oz/397 grams condensed milk
- 4 oz/115 grams cream cheese
- 2-3 tablespoons tahini paste
- ½ teaspoon fine sea salt
- 1½ teaspoons vanilla extract
- 16 oz/460 gram heavy whipping cream
- 10 tablespoons/125 grams honey, divided

Directions:

- Beat together the condensed milk, cream cheese, tahini paste, salt, and vanilla extract in a large bowl until smooth.
- Add the heavy whipping cream and beat to medium peaks.
- Add half the honey.
- Swirl together, but do **not** mix!
- Line a 1-pound loaf tin with plastic wrap.
- Pour in the mixture and level.
- Cover with plastic wrap and freeze for 24 hours.
- Remove and drizzle with the rest of the honey.
- Decorate with cookie crumbs, nuts or flowers of your choice!
- Eat and enjoy!



Photo Credit: Rochelle's Kitchen London



Strawberry and Pomegranate Cream Plava

Rochelle's Kitchen London

Strawberry and Pomegranate Cream Plava makes for a special Passover treat when you want to pull out all of the stops. I adore Plava, and only recently understood from my posts on Instagram and Facebook that many people don't know what Plava is. Of course, the Diaspora shares all the same food, but with a different name or twist depending on the country we live in. Plava is the Ashkenazi term for a traditional sponge cake for Passover. I invite everyone to share in my red version (using passionfruit), but you can include any fruit topping of choice. I love plava so much that I make it throughout the year. I really hope you enjoy it as much as if you are at my table.

Ingredients:

- 5 eggs, separated
- 1 ¼ cups/275 grams sugar
- 1 tablespoon lemon juice
- ⅔ cup/75 grams matzah cake meal, sifted
- ¼ cup and 3 tablespoons/75 grams potato flour, sifted
- ¼ cup and 3 tablespoons/140 grams pomegranate or strawberry jam
- Pomegranate molasses or water to dilute jam
- Chopped strawberries for decoration
- 18 oz/500 grams heavy whipping cream or non-dairy alternative (already whipped)
- 3 large tablespoons powdered sugar
- Pomegranate seeds
- chocolate



Photo Credit: Rochelle's Kitchen London

Directions:

- Preheat oven to 325°F /160C.
- Beat egg yolks with half the sugar until thick and white; then beat in lemon juice.
- Whisk egg whites until soft peaks form, and add the rest of the sugar, whisking until firm peaks form.
- Fold into the eggs. and gently fold in the cake meal and potato flour.
- Spoon gently into tin, level, and sprinkle a thin layer of the remainder of the sugar on top.
- Bake for approximately 40 minutes.
- Melt the jam in a pan on low heat with some water or pomegranate molasses to form a runny coulis.
- When the cake is completely cool, cut and fill with whipped cream and diluted jam. Top the cake with leftover whipped cream, chopped strawberries, pomegranates, and coulis.

Pesach Brownies

Tanya Ohana is a London-based food blogger and recipe developer. Growing up in Gibraltar has heavily influenced her cooking style, from using spices to flavor her food, to her love of fresh produce and herbs. Along with her food demos and how-tos, Tanya also sells artisanal popcorn in a variety of flavors for both personal and event use. Find her on Instagram [@garlic.and.ganache](#) and Email garlicandganache@gmail.com for more information on her demos and artisanal popcorn and bakes.

Ingredients:

- 10½oz / 300 grams dark chocolate, roughly chopped
- ⅔ cup sugar
- 2 teaspoons vanilla sugar
- 3 eggs
- ½ cup ground almonds
- ¾ teaspoon baking powder
- ½ teaspoon salt
- ⅓ cup oil
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Directions:

- Preheat oven to 350°F/180° C / .
- Melt the chocolate over a double boiler, or a bain marie pot on a low heat. Just before fully melted, add in sugar and vanilla sugar and mix until fully melted.
- Add in rest of ingredients, one at a time, until fully mixed.
- Pour the mixture into a lined baking dish and bake for 30-35 minutes until desired doneness (I like it slightly underdone).
- Leave to cool completely before cutting. Eat and enjoy!

Tips:

- –For fudgy blondies, you can swap out the dark chocolate for white chocolate. Add a handful of roughly chopped nuts of your choice for a crunch.
- Always double and hide one batch away; they'll go quicker than you think!

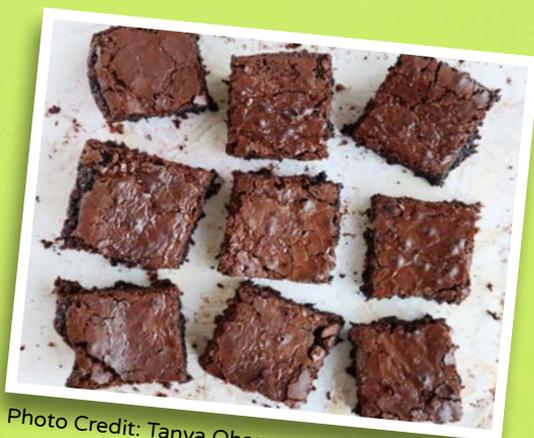


Photo Credit: Tanya Ohana



